

thing." There are so many recipes given, claiming to be "the only one," that one scarcely knows how to choose. Here is one, given by a New England lady, that might be tried:

Choose the freshest dried beans you can find—of this year's crop; soak three pints of the sorted-over beans over night in cold water. In the morning put them over the fire in fresh water and boil steadily until the skin cracks when a spoonful is exposed to a draught of air. If the beans are old ones (of last year's crop) a piece of soda as big as a large pea should be put in the water when they are put over the fire. Drain the water from them, and put them into a regular bean pot (earthen) or into a deep pan or earthen dish for baking. Put half a pound of nice salt pork at the bottom to prevent scorching the beans, and the same sized piece on the top; choose pork that is nicely streaked with fat and lean, wash off the surplus salt and score the rind well. Place the rind uppermost. Mix a large tablespoonful of dry mustard in a half cupful of molasses, pour this over the beans, then fill the pot with boiling water to cover the pork on top. Cover closely and set in a moderate oven and cook six to eight hours, replenish the water as it boils away with fresh boiling water. If desired the beans can then be separated into small pans or earthen casseroles (dishes of brown glazed earthenware lined with white, costing ten cents and up, according to size) a square of the pork being put in each dish, and the dishes set in the oven to brown. The beans should be soft and whole and nicely brown all through. The casseroles may be set on the table without emptying the beans out. Try this and report.

Some "Grandmothers' Recipes"

For crullers, these proportions are given: One tablespoonful of thick, rich sour cream to each well beaten egg; one tablespoonful of sugar, a very scant half teaspoonful of soda dissolved in a little water, a pinch of grated nutmeg and a pinch of salt. Mix with flour enough to make a dough that will barely stand handling, and roll thin on a well-floured board, with as little kneading as will

CAUSE AND EFFECT

Good Digestion Follows Right Food

Indigestion and the attendant discomforts of mind and body are certain to follow continued use of improper food.

Those who are still young and robust are likely to overlook the fact that, as dropping water will wear a stone away at last, so will the use of heavy, greasy, rich food, finally cause loss of appetite and indigestion.

Fortunately many are thoughtful enough to study themselves and note the principle of Cause and Effect in their daily food. A New York young woman writes her experience thus:

"Sometime ago I had a lot of trouble from indigestion, caused by too rich food. I got so I was unable to digest scarcely anything, and medicines seemed useless.

"A friend advised me to try Grape-Nuts food, praising it highly, and as a last resort, I tried it. I am thankful to say that Grape-Nuts not only relieved me of my trouble, but built me up and strengthened my digestive organs so that I can now eat anything I desire. But I stick to Grape-Nuts."

"There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

smooth it; cut in shapes as desired, always with a hole in the middle. Have the fat smoking (not scorching) hot and drop the pieces in, turning as they cook to a pale brown on both sides, then skim out and lay on brown paper, dust with powdered sugar as they cool. The above amount will make one dozen "lady fingers."

One, Two, Three, Four Cake.—One cup of butter, two cupfuls of sugar, three eggs, four cupfuls of flour with which has been sifted two teaspoonfuls of baking powder, well heaped. Bake in layers. For filling: Boil three cupfuls of sugar and three-quarters cupful of water until it threads. Whip the whites of three eggs to a stiff froth, and pour the boiling syrup slowly over the whites, beating rapidly until it cools. Spread the layers, stack together, then ice the sides and tops with the filling and sprinkle with crushed nut meats. Or, cut the cake into block and ice.—"Grandma Elliott."

Washing Comforts

Comforts that have become soiled may be washed without ripping apart, and will be light and fluffy, if properly dried. Shred a half bar of good laundry soap, and put into a boiler of water over the fire. If a scum rises on top of the water (as it will do, if the water is hard) stir down until the soap is all dissolved, then, as the scum rises, take it off the water until no more appears. The boiling will soften the water. If you have a washing machine, put the comfort in the machine, and pour the boiling suds over it, and rub for ten minutes, giving two to three hundred turns to the machine. The faster the work is done, the better. If the first suds is very much soiled, another boilerful of water with less soap, should be used for a second rubbing, after which the comfort should be well rinsed in plenty of clear, warm water. If one uses a wringer, fold the comfort so it will go through the wringer smoothly lengthwise. If no washing machine, put the comfort in a large tub, and pour the boiling suds over it, keeping it well under water, and pounding it with a heavy pestle, until it cools, turning it occasionally. If the water is much soiled take out and hang over something to drain, and then lay back in the tub and pour a second boilerful of water over it, using less soap, repeating the pounding. When clean, take out, drain again, squeezing lightly with the hands, and rinse in plenty of lukewarm, clear water. Two rinsings are better than one, squeezing as dry as possible. Then hang the comfort on the line by the side edge, letting it hang straight; use plenty of clothes pins, and while it is drying, switch, pat, shake gently, and keep in shape. When about half dry, turn the comfort, pinning the bottom edge to the line and letting the top edge hang. For this work, a warm, sunny, not too windy, day should be chosen. The best time to wash comforts is on hot days in the summer or early autumn.

Work for Nimble Fingers

Among the prettiest and most serviceable boxes, baskets, frames, and table mats, are those made from the inner husks of Indian corn. The work is by no means new, but it is easily done, and the material is readily at hand. When the corn is being husked, see that a bagful of the softest, brightest inner husks are saved, and when ready to use them, choose the amount you want, pour boiling water over them, and use while damp. A foundation of heavy pasteboard is needed, the husks are folded in shapes as wanted and sewed on the board. The husks are cut in strips, and folded to form points, then sewed on the pasteboard in de-

sired designs, the points overlapping as they are sewed on. The last row should have the stub-ends trimmed off, and finished with a braid of the husks. The husks may be dyed in various colors, and many designs worked with them. The work may be varnished when finished, and is not only pretty, but serviceable, and the husks lend themselves readily to the making of many articles both serviceable and ornamental.

A "Short-Cut" for Laundry Work

One "short-cut" for the laundry when washing is, to have two baskets, or other receptacles, and into one, put all the starched clothes as they are ready for the line; in the other, put all the unstarched. In hanging on the line, put all the starched clothes together, then hang the unstarched things on the line so they will hang as straight as pos-

sible, pull them out smoothly as they dry, and when ready to take in, fold them evenly and smoothly, and pack them together, putting a weight on them if desired, and they will need no ironing. As the starched clothes are taken from the line, sprinkle and fold them, laying them in the basket; there will be no extra wrinkles added, and they will iron easier. If the clothes are soaked over night in soft water to each tubful of which a tablespoonful of household ammonia has been added, they will wash easier. Women should not rush out into the cold from over a steaming tub, when ready to hang out clothes. Stout shoes, mittens, a wrap on the head and a cape or jacket to protect the body should never be neglected. Women often invite disease by their reckless disregard of consequences, and refusing to take necessary precautions for their own well-being.

Latest Fashions for Readers of The Commoner



2171 — Ladies' Double-Breasted Dressing Sack. Seven sizes—32 to 44.



2661—Childs' Box-Coat. Five sizes—one-half to 7 years.



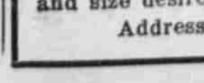
2163—Misses' Semi-Fitting Coat, in Three-Quarter Length. Three sizes—13 to 17 years.



2117—Ladies' Chemise. Four sizes—32, 36, 40 and 44.



2269—Ladies' Work Apron. Four sizes—32, 36, 40 and 44.



2628—Girls' Coat. Five sizes—6 to 14 years.



2049—Ladies' Circular Open-Drawers. Eight sizes—22 to 36.



2660—Slipper Case and Sewing Bag. One size.

THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making, full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired. Address THE COMMONER, Pattern Dept., Lincoln, Neb.